



CACT Next Steps Programme

OUR SUPPORT

Among CACT's many initiatives is the Early Intervention in Psychosis (EIP) programme, which supports individuals in the advanced stages of recovery from psychosis. A key element of this initiative is the organised residential trips called Next Steps, these trips combine outdoor activity with peer interaction.

These residentials encourage participants to step out of their comfort zones, build connections and boost confidence through activities like coasteering, paddleboarding, coastal walks and zip-lining.

With ECF's sponsorship, CACT successfully delivered three residential trips to Cornwall. Across the three trips, a total of 18 clients and 5 support staff took part in a fun programme where participants could challenge themselves, build trust and friendships.

THE OUTCOME

While many participants initially felt anxious about the activities, the relaxed delivery and supportive group environment made a profound difference. Surrounded by people who understood their experiences, participants gained the confidence to face their fears and embrace challenges.

Feedback was overwhelmingly positive. A client shared that the trip had been life-changing, helping him get off his medication and prepare for discharge.

CACT's report echoed this sentiment; every client and staff member rated the residential as great, affirming the programme's success in delivering a lasting impact.

CAUSE

Charlton Athletic Community Trust (CACT)

LOCATION

Greenwich

HOW WE HELPED

Sponsoring CACT's delivery of three residential trips aimed at supporting individuals in the advanced stages of recovery from psychosis.

ABOUT THE CAUSE

Charlton Athletic Community Trust (CACT) is dedicated to empowering communities and changing lives by improving health, education, employment and reducing crime. By partnering with local authorities, health services, and other charitable organisations, CACT delivers high-quality, impactful programmes that bring long-term change.



Without the support of ECF, the Next Steps residential trips simply would not be possible, so we are incredibly grateful for this partnership.

Carl Krauhaus, Head of Early Help and Prevention at CACT